WHO WE ARE

We are an organization of 70 people dedicated to improving lung health. Our staff consists of health care professionals, environmental health experts, educators and communicators. We strive to serve the community through our outreach, with our office located in Chicago’s West Loop.

We were founded in 1906 as the Chicago Tuberculosis Institute, an effort to control the spread of the nation’s leading killer at the time. Over the years, the organization has grown deep roots in the community. We have championed various initiatives and carried several different names, but we have always maintained a commitment to community lung health.

WHAT WE DO

Respiratory Health Association has been dedicated to community lung health since 1906. Today, our priority issues include:

- asthma
- COPD
- lung cancer
- tobacco control
- air quality

We address these issues locally, regionally and nationally as a leading lung health organization representing more than 1 million people in Chicagoland who are living with lung disease. Our program of work includes activities such as:

- funding researchers at local hospitals
- educating people with lung disease so they can enjoy fulfilling lives
- advocating for clean air and lung-friendly public health policies
- raising awareness and funds through special events and initiatives
- informing health care providers of new treatments and diagnoses
- vaccinating high-risk populations against seasonal influenza
- supporting tobacco control efforts to reduce youth and adult smoking rates and exposure to secondhand smoke
For years, Marsha Brooks struggled to help her daughter, Brooke, manage her asthma. But doctors’ appointments left many of her questions unanswered, and Brooke still couldn't play with her friends without getting out of breath.

A neighborhood friend, Pam Jenkins, shared information from Respiratory Health Association’s Asthma Management course to help Marsha administer medication, recognize warning signs and remove asthma triggers from her home. With Pam’s help, Marsha was able to turn her daughter’s health around.

“I used to feel scared when I watched my daughter be sick so many days in a row, and now that we have her asthma managed, I feel relieved,” Marsha said. “Brooke will say, ‘Mommy, I don’t get sick like I used to! Watch, I can run!’”

Dr. Anne Marie Singh splits her week between seeing patients at Children’s Memorial Hospital and working on research projects at Northwestern University. One of her projects, focused on asthma, is funded by Respiratory Health Association through a grant from Blowitz-Ridgeway Foundation.

Dr. Singh is studying how early warning signs relate to the fact that children eventually have asthma while others don’t. Many children who develop asthma experience a common chain of events: they develop eczema at a young age, then food sensitivities, then allergies and eventually asthma. She hopes that her research will inform future studies, and may eventually lead to the development of new methods of preventing or treating asthma.

Ronette Ksiazak and her husband, Mike, joined Skyline Plunge! Chicago in honor of her father. Ronald was diagnosed with stage 4 lung cancer in 2011, and when Ronette got the phone call, the news knocked the wind out of her. Doctors could not remove the pear-sized tumor on his lung, and he didn’t have much time.

“I thought ‘With all of the technology we have these days, how can we not do something?’” Ronette said. “The hardest thing is to watch your dad go through something you can’t take away or make better.”

Ronald passed away in June, and Ronette declared she’d rappel again and again in his memory. She wants to find a cure for everyone else.
Dear Friends:

We’re happy to report it was a good year for our lungs. We achieved successes across our mission to address lung disease through advocacy, programs and research, and we are encouraged to take on the challenges ahead.

Respiratory Health Association has worked for years to clean up some of our community’s biggest sources of lung-damaging air pollution, and in 2012, some of our hard work paid off. The City of Chicago announced that the Fisk and Crawford coal-fired power plants in the Pilsen and Little Village communities will close in September. Built in the 1950s and lacking many modern pollution controls, the plants are the two biggest single contributors to dangerous air pollution in the area. Their pollution is linked to asthma attacks, emergency room visits and 40 premature deaths each year. Likewise, Metra and Amtrak announced that they have taken steps to reduce emissions from their diesel locomotives. These victories will impact all of us, as the air across Chicagoland will now be safer to breathe.

We also saw great results from our programmatic efforts, most notably our two-year, CDC-funded Chicago Tobacco Prevention Project. At its conclusion in March, we were amazed by just how much we had accomplished. In addition to helping people quit smoking and empowering kids to never start, we created more smoke-free and tobacco-free environments across the city. Today, all six campuses of City Colleges of Chicago and many other local universities and healthcare facilities have adopted tobacco-free or smoke-free campuses. By reducing exposure to secondhand smoke, we’re keeping our community members safe where they learn, work and heal.

Finally, we have high hopes for the research projects we funded this year in the areas of asthma, COPD, lung cancer and women’s lung health. Our funding, when combined with the support of our research partners, is making a difference in the prevention, treatment and diagnosis of lung disease. While the need for more lung health research is acute, we are grateful that our support has an impact.

Thank you to all of our supporters, donors, volunteers and advocates who contributed to these successes.

Joel J. Africk

Barry Leventham
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## STATEMENT OF ACTIVITIES
### JUNE 30, 2012

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STATEMENT OF FINANCIAL POSITION
JUNE 30, 2012

FUNCTIONAL EXPENSES
JUNE 30, 2012

Tobacco Control*  $5,372,131
Asthma           $976,016
Research         $588,239
COPD             $261,339
Flu              $231,081
Environmental Health $284,046
Other Lung Diseases $242,180
Fundraising      $583,324
Management & General $326,225
Total:           $8,864,581

*Respiratory Health Association’s tobacco control expenses in fiscal year 2012 were a function of a large federal grant dedicated to reducing smoking rates and exposure to secondhand smoke among adults and youth in Chicago. This particular grant funding – awarded by the Centers for Disease Control and Prevention – began in March 2010 and concluded in March 2012, totaling $11.5 million over a two-year project period.
In February, the 15th annual Hustle Up the Hancock drew more than 4,000 climbers for the 52-floor or 94-floor climb. In addition to taking on the athletic challenge of climbing John Hancock Center, many participants climb in honor or memory of a loved one, and the event raised more than $1.1 million to support Respiratory Health Association’s work.

Save the date for our next Hustle: Sunday, February 24, 2013. Lung Health Champion registration opens October 15!

In May, our fourth Skyline Plunge! Chicago at the Wit Hotel took 100 participants over the edge 27 stories above State and Lake Streets. Many rappellers came in teams, with matching t-shirts and crowds of family members, friends and other supporters cheering them on from the street. Plunge raised more than $130,000 to support our lung disease research and programs. The next Plunge! is Saturday, September 8, 2012! Register today at lungchicago.org/plunge.

In February, Nasir climbed Hustle in honor of his mom, Jeneen, who has asthma and would not be able to climb herself. Nasir was part of STEM IT UP!, a team of students, staff and family from STEM Magnate Academy.

In May, Ronette and Mike rappelled in honor of her father, Ron, who was battling lung cancer. He passed away in June, and they will rappel in his memory this September.
For more than a decade, Brian Urbaszewski, our director of environmental health programs, has worked to clean up or shut down the Fisk and Crawford coal-fired power plants on Chicago’s Southwest Side. Pollution from the plants contributes to an estimated 720 asthma attacks, 66 heart attacks and 42 premature deaths each year.

In February, after increasing pressure from community groups to adopt a Clean Power Ordinance, Mayor Emanuel reached a deal with the plants’ parent company, Midwest Generation, and community organizations that guaranteed closure of the plants by 2012 and 2014. In May, it was announced that both plants will close in September 2012!

The plants were the two single largest sources of air pollution in Chicago, and their closure will improve air quality across the region.

In June, Gov. Quinn signed into law the first tobacco tax increase in 10 years. Because young people are very sensitive to tobacco prices, this tax will prevent more than 77,000 youth from ever starting to smoke. The increase will also encourage nearly 50,000 current smokers to quit. In all, the law:

- raised the state tax on a pack of cigarettes by $1
- closed a tax evasion loophole so commercially operated roll-your-own cigarettes are taxed at the same rate as pre-packaged cigarettes.
- doubled the tax on other tobacco products, including chewing tobacco, cigars and smokeless tobacco.

Volunteers meet with Rep. Sandy Pihos in Springfield, Ill., as part of our State Lung Health Education Day. More than 60 volunteers met with their legislators to discuss lung-friendly policies and initiatives, including the tobacco tax increase, radon reduction strategies and clean air efforts.
Through partnerships, we continue to fund ground-breaking research at major institutions, and this year we announced new research awards.

Partnering with The CHEST Foundation for the second time, we awarded $10,000 to Dr. Danit Ariel from Stanford University to study gender differences and insulin resistance in asthma.

With funds from the Chicago Lung Run, we are funding two researchers. Dr. Ravi Salgia at University of Chicago received $20,000 to study the role of the ALK receptor in lung cancer. Dr. Navdeep Chandel, of Northwestern University, received $15,000 to study a new therapy for people with non-small cell lung cancer with a certain gene mutation.

With the American Thoracic Society and the Emphysema Foundation for our Right to Survive, we are the lead funder on a two-year COPD award to an Illinois-based investigator. The project will be announced this fall.

Respiratory Health Association has continued to have a strong relationship with many newsrooms throughout the city. We are a reliable “go-to” resource on issues such as air quality, asthma, tobacco cessation and smoke-free policies.

In March, we ended the two-year Chicago Tobacco Prevention Project, a collaboration with the Chicago Department of Public Health that was part of the CDC-funded Communities Putting Prevention to Work project. We worked with community partners, property managers, health care providers and more to lower smoking rates, reduce exposure to secondhand smoke, and address health disparities by reaching populations who smoke at higher rates than our citywide average of about 20%, including African-Americans, veterans, LGBTQ communities and other vulnerable groups. By the end of the project, we reached the majority of our 23 project goals. Some of our most notable successes are:

- providing more than $3 million to more than 30 community partners who work directly with vulnerable populations.
- converting more than 1,630 units of multi-unit housing to be smoke-free, effectively reducing exposure to secondhand smoke and helping people quit.
- working with nine mental health and/or substance abuse treatment facilities to implement smoke-free campus policies, reaching more than 15,000 clients and 500 staff.

Southtown Star featured stories and photos of Plunge! participant Michael Murphy, who rappelled in memory of his mom.
Through our Fight Asthma Now© curriculum, our staff and volunteer educators taught more than 1,100 students in Chicago Public Schools how to manage their asthma by correctly using their medications, avoiding triggers, and knowing how to handle an asthma emergency. We also taught more than 2,300 parents, teachers and other caregivers how to help children with asthma though our adult curriculum, Asthma Management.

In January, Chicago Public Schools passed its first standalone asthma policy with our strong support. The policy mandates that all staff who interact with children are trained on asthma every two years. Respiratory Health Association will deliver Asthma Management to train these staff members. Also, parents will now be asked to submit asthma action plans for their children, and a general asthma action plan will be in place for students who do not have one on file. This was a major victory to protect children with asthma while they are at school.

Finally, we were awarded a first-time grant from the Pritzker Early Childhood Foundation to train and develop capacity for asthma-friendly childcare facilities. We will train providers through Asthma Management, and we’ll teach them how to create safe environments for children by removing triggers, using safe cleaning products and more.

In June, we hosted our ninth annual Cruising with COPD, which was our largest yet. More than 700 people living with COPD, their guests and pulmonary rehab staff joined us for an afternoon of entertainment, lunch, raffles and a cruise on Lake Michigan.

The Healthy Lungs Initiative is a partnership with Cook County Health and Hospital System, through which we station lung health educators in hospitals and community health sites across the county to deliver asthma management education, COPD education, and tobacco cessation resources. This year alone, our team of educators has had more than:
  • 4,600 asthma or COPD self-management encounters
  • 20,000 tobacco cessation encounters
  • 2,100 participants in group tobacco cessation classes

Since the project began in March 2008, educators have had more than:
  • 13,000 asthma or COPD self-management encounters
  • 60,000 tobacco cessation encounters – meeting our project goal well ahead of the predicted timeline
  • 5,000 participants in group tobacco cessation classes

The impact of our interventions reaches beyond the individual clients. For example, adopting a smoke-free home environment can have a positive health impact on children and other family members whose exposure to secondhand smoke may be reduced through our efforts.
OUR MISSION
Our mission is to promote healthy lungs and fight lung disease through research, advocacy and education.

GET INVOLVED
Visit lungchicago.org to learn more.

GIVE TODAY
Make a secure gift at lungchicago.org/donate.